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A

# DISCOURSE

ON THE

# Nature *and* Uſes

OF

# *Neville-Holt-Water.*

WITH A

# HISTORY

OF

## Some of its extraordinary Effects the laſt Summer.

*Collected by ſeveral Hands.*

*LONDON:*

Printed for T. COOPER, at the *Globe* in *Pater-Noſter-Row.* MDCCXLII.

(Price Six-Pence.)

# NEVILLE-HOLT *Spaw*,

SItuated between *Market-Harborough* and *Uppingham* in *Leiceſterſhire*, having been long us'd with great Succeſs in ſome few Diſorders, is now found upon a more ſtrict Examination, and in a Variety of ſucceſsful Experiments, to be capable of far greater and extenſive Uſefulneſs.

It is the only Mineral Water of the Kind, and the ſtrongeſt of its Minerals of any in *England*; and has accordingly produc'd the moſt ſucceſsful and happy Effects; where the natural Diſcharges are either extreamly increas'd or much leſſen'd it ſeldom fails of its deſir'd Succeſs; in all exceſſive Relaxations, Hæmorrhages and Ulcerations, eſpecially inflammatory, without rotten Bones and frequent Abortions, it is particularly ſerviceable; where the natural Vigour and Tone of any Parts are weakened or loſt, and the Stomach ſickly and deprav'd, except in a Palſy, it's a ſovereign Reſtorative; the ſame it is in Coughs, Diabetes, Hectics, Inflammations and Gravel, if there is no large Stones or unnatural Excreſcences in the Way. But as drinking it at the *Spaw* can beſt promiſe Succeſs, there are very genteel, convenient, and reaſonable Accommodations now ready prepared at *Blazon-Hall*, near the *Spaw*, where Gentlemen and Ladies will this Summer find every Thing much better diſpos'd to make the Place as agreeable, as the Water is Salutary and Beneficial.

This Water is ſold Wholeſale or Retale by Mr. *John Fiddes*, at his Mineral Water Ware-Houſe, the *Wheat-Sheaf*, in *Taviſtock-Street*, *Covent-Garden*.

*N. B.* No Attendance will be given at the *Spaw*, nor Water ſold after Ten o'Clock in the Forenoon all Summer.

A

# DISCOURSE

ON THE

# Nature *and* Uſes

OF

# *Neville-Holt-Water*, &c.

THE Study of Phyſick, in one View of it, is one of the moſt painful and diſagreeable Kinds, as it is ever converſant about diſordered Nature, and a ſickly World, and whoſe melancholy Employ it is to enumerate the infinite Maladies to which our Nature is liable, and dwell on all the afflictive Circumſtances of Pain and Sickneſs which attend it: But when it changes the Scene, and ſurveys the numberleſs Orders of ſalutary Drugs, with which beneficent Providence has enrich'd the Creation; when it ranges through all Nature, and finds an endleſs Variety of healing Virtues and medicinal Powers, to relieve human Miſeries, and give the true Reliſh to our Beings, it becomes the moſt

worthy, and to a benevolent Mind, the moſt entertaining Study in the World.

The Surface of the Earth is profuſely ſtor'd with Health and Eaſe; but even that muſt yield to the medicinal Streams, which are every where flowing from its Bowels, prepar'd in Nature's own Alembick, and made up by her ſecret-working Hand, which far exceeds the Power of Art to imitate: Water, which is the grand Preſervative of Health, is alſo, when impregnated with the Mineral Powers and Spirits through whoſe Beds it is ſtrained, the beſt and ſafeſt Reſtorer of it; for which Reaſon every accurate Enquiry into the Nature of Mineral Waters, every Endeavour to aſſign their Uſes, and eſpecially every careful Obſervation of their real Effects, is manifeſtly advantageous and friendly to human Kind.

The laſt Century, which has been the Deliverer of almoſt all the valuable Sciences from Darkneſs and Error, has alſo given much Aſſiſtance to this curious Enquiry: But new Diſcoveries are ſtill furniſhing Means of further Light into the important Subject, and diffuſing wider its beneficial Effects; and indeed ſome have been lately made of Waters, which, as they ſeem ſtored with richer Principles, ſo they promiſe more Efficacy and Uſefulneſs; nor only promiſe, but really produce ſuch expected Effects, as will appear in the Sequel. Of this Kind is that Mineral Spring, whoſe Nature and Uſes are the Subject of the following Eſſay; and which from its ſingular Qualities and Effects, is worthy of a particular Conſideration.

*Neville-Holt-Spaw* in *Leiceſterſhire*, was diſcovered in 1728, and has been carefully examined by ſeveral judicious Phyſicians, and uſed with great Succeſs, eſpecially the laſt Summer. But of all the Examinations it has undergone, none have been offer'd to the Publick, except ſome ſcatter'd

Hints

Hints in Dr. *Short*'s 2d Vol. of *Mineral Waters*, ſome of which we ſhall briefly collect here, and compare the probable Uſes he aſſigns it, with its actual Effects laſt Summer, which was the firſt Seaſon that it was provided with Accommodations, or regularly and properly us'd at the Place; and it will perhaps appear, that it not only anſwers in thoſe Caſes mention'd by the Doctor, but on this ſo ſhort a Trial has far exceeded his Views; and how much farther it may ſtill extend, only Time and Experience can ſhew.

A little Eaſt of *Neville-Holt*, or *Holt on the Hill*, (the Seat of the antient and noble Family of the *Nevilles*) in *Leiceſterſhire*, this excellent Water diſcovers itſelf in a Cloſe formerly cover'd with Wood, and over it the preſent Lady *Meglierucci*, Daughter of the late *Henry Neville*, Eſq; Proprietreſs of the Land, has built a ſmall Stone Arch; it ſprings not up like moſt other Waters, but is a mere Exudation from a narrow black Liſt of ſeveral Scores of Yards long, between two different Strata of Earths or Minerals; this Exudation gathers into Drops, which trickle down into a ſmall fine Stone Gutter, of the ſame Length with the black Liſt; from whence it gently falls into a large Stone Receiver, placed under the Arch for that Purpoſe: It nearly fills a Hogſhead in 24 Hours, which as its Efficacy depends not upon bathing, will ſupply a large Number of Drinkers. The Soil is already diſcover'd to be compos'd of a vaſt Variety of Minerals, ſtrong Clay, Lime-ſtone, Iron-ſtone, a light Allum-ſtone, much Nitre of a particular Kind; Talc, Selenites and Stalactites, join to impregnate it; the Air about it is clear, pure, and healthy, the Situation particularly happy for an extenſive View of a rich and cultivated Country, adorn'd and interſpers'd with many good Villa's of Nobility and Gentlemen.

The Author from whom I propoſed to take ſome Hints in the following Eſſay, ſays, this Water ſeldom offends the Stomach, except it is drank in too large a Quantity, too ſoon after eating Milk, or in a weak and abraded State of it; in which Caſes it is apt to curdle, create Nauſea, Reachings, and raiſes bitter and rough Taſtes to the Palate: It is perfectly limpid as it drops into the Baſon, weighs 59 Grains in a Pint heavier than common Water at its Source, but gains 18 Grains more in carrying to ſome Diſtance: If it ſtands long in the Receiver, it depoſites a white Jelly, which in Time becomes extremely fetid; formerly after ſudden Rain it had a Tincture of Steel, but it continued no longer than the Land Flood.

Spirit of Hartſhorn and Oil of Tartar turn it to a Pearl Colour firſt, then whitiſh, and let down a woolly Sediment; Galls firſt give it a blueiſh Dye, and after two or three Days a deep green; Sugar of Lead gives it a milky Hue, Tincture of Logwood a reddiſh Purple, Sumach a brown, but Sublimate alters it not at all. A Gallon of the Water evaporated left 540 Grains of dry light brown Sediment, 420 whereof were Salt, and 120 Earth; if the Evaporation be made in an Iron, Braſs, or Copper Veſſel, the Colour of the Sediment varies to a darker Dye, but if in a Glaſs Veſſel on a Sand Heat, to one more clear and whitiſh; the Earth ſeparated from the Salt, is very white, ſpungy, light and friable. The Doctor was ſolicitous to find whether the above Change of Colours aroſe from the Earth, the Salts, or both. A Solution of the Salts in diſtilled Water, turned Solution of Silver in *Aqua Fortis* purple, the Earth made no Alteration, but it turned Syrup of Violets green; ſo that neither Earth nor Salts give the Tincture with different

Materials,

Materials, but ſometimes the one, ſometimes the other. He tried alſo the Difference of fix'd Parts in this Water, at different Seaſons; and in the Month of *October*, 1738, after the great Harveſt Drought, a Gallon of it, exhaled by Decoction, left ten Drams and a half. In the memorable Drought of 1741, *July* 20, a Pint was boil'd away in a bright Braſs Pan over a clear Fire, and left 70 Grains browniſh dry Sediment, extremely rough, but not equally bitter, which was in a Proportion of nine Drams and a half to a Gallon. In the very rainy Summer 1739, the Doctor boil'd away a Gallon which had nine Drams of dry Sediment. After the great Rains of *September*, 1741, which open'd all the Springs, a Pint, boil'd away as above, left 68 Grains, which is ſomething above 9 Drams to a Gallon. Of theſe and ſeveral other Sediments ſome had a fourth Part Earth, and none leſs than a fifth; but by how much the fix'd Parts encreaſe, the Vehicle diminiſhes.

He ſays, p. 272, that the great Affinity between Allum and Vitriol, their being frequently found together, and the Poſſibility of their being changed into, or extracted from one another, makes it no eaſy Matter to ſay with which of them a Mineral Water is impregnated, eſpecially when Galls, and other Aſtringents fail, and Cryſtals are with Difficulty obtained in a regular and perfect Form from it. For the different Sorts of theſe two Salts there is an exact Detail taken from *Selenander*, to which the Doctor adds an Account, which of them are now known, which natural, and which factitious; but whether the Water in Queſtion be the Product of any of theſe Sorts or no, 'tis certain that when it is evaporated on a Sand Heat, the Sediment always divides itſelf into three Parts. 1. When the Water is near gone, a ſtrong, thick, glutinous Matter adheres to the

Sides

Sides of the Veſſel, ſticking as *Burgundy* Pitch, nor can be ſeparated till they be cold, when it becomes a clear tranſparent Gum, rough to the Taſte, and if powder'd, white as Flower. If the Water is boil'd away in a Braſs Veſſel, and the Sediment left, in ſome Hours this glutinous Subſtance becomes very green, as all its future Lixiviums alſo are. If it is kept warm on a Sand Heat, it ſtill retains its glewy Stiffneſs, and when the Heat is encreaſed, it makes a Noiſe like Allum ſet on to burn. 2. At the Bottom of the Diſh lies a dry Sediment, cruſted and white above, which taſtes bitter, rough, and ſomewhat cooling, being chiefly Nitre with a little Allum. 3. Under this is a browniſh Duſt, very ſalt, but principally Clay and Nitre. When the Water is boil'd away in a Braſs Veſſel over an open Fire, theſe are not ſo obvious; for then the Veſſel turns of a blackiſh Colour, the Sediment is grey and cruſted, and has a browniſh ſalt Powder below, when it comes near the Bottom, makes a Noiſe like boiling Allum, and at laſt bubbles up like a ſtrong Soap Lather; the Heat in this Caſe prevents the glutinous Matter from forming itſelf, and its Smoke has an intolerable urinous Smell; and if the Sediment be ſcraped off with a bright Knife, or a warm Solution of it ſtirr'd with it, the Blade turns to a bright Copper Colour; when the Sediment is diſſolved in diſtilled warm Water, the Earth often ſeparates into white or grey Flakes, which neither ferment with Acids, nor Alkalies, and into a brown Clay or Powder; the laſt parts with its rough bitter Nitre very readily, and becomes taſteleſs; but the firſt loſes not its Salts ſo eaſily, for after many Affuſions of warm diſtilled Water, it ſtill retains its ſenſible Roughneſs. An Infuſion of the freſh gathered Flowers of Rugged Robin, or Wild Williams, with a purple Flower, turns any of the

firſt

firſt or laſt Affuſion of a fine light Pink Colour; and this is the only Mineral Water yet found in *Britain* which does the like: When the filtred Solution is boil'd up to a Lee, it turns muddy, curdles, and is of a browniſh Colour, except boil'd in Copper, when it is greeniſh, and leaves a red, downy, rough Earth, indiſſolvable in Water: Take the ſame Cap which ſerved for ſeveral of the laſt Filtrations, dry it ſlowly and it is of a light blue Colour, and ſo brittle, that it crumbles to Pieces between the Fingers; and if fir'd, gives a blue Flame like Brimſtone, without ſparkling at all: If the Lee is boil'd up very ſtrong, it will in one Night project large Cryſtals, not much unlike Dr. *Liſter*'s *Sal Calcarium*; a Solution of theſe in Water ſlightly coagulates Milk, Serum, and Bile, of a whitiſh Colour, as tho' Allum was mixed with the Nitre; it alſo corrugates muſcular Fibres of Fleſh cut longitudinally, and put into it; nor is this any Fault in the Water when properly and ſeaſonably us'd; for Vitriol of Iron, and the whole acid Tribe (Vinegar excepted) do the ſame, and are daily uſed not only in colliquated and impoveriſh'd, but alſo in a ſizy State of the Blood with good Succeſs. If a large Quantity of ſtrong Lee is ſet by to project its Cryſtals, after it has thrown off all it can, there ſtill remains a ſtrong Lee, which will not project any Cryſtals, but dries to a whitiſh Down, of an aſtringent Taſte. The Doctor had obſerved, that the Nitre in this Water was to the Allum, as 7 to 1; but later Experiments ſhew, that the firſt is to the laſt as 50 to 1; and tho' he had ſaid, that the nitrous Cryſtals were thoſe of *Liſter*'s *Sal Calcarium*, yet upon making a weaker Lixivium, and giving the Salts two or three Months to cryſtallize, tho' the Figure was much the ſame, yet all the regular Cryſtals were ſerrated on the Edges of the broad Sides; which is a Peculiarity

rity of this Salt. The Difference of fix'd Parts between exhaling on a Sand Heat, and boiling it away quickly over an open Fire, was as follows: A Pint of Water the firſt Way left 74 Grains, the laſt only 60 Grains. In 1740 the Doctor having Occaſion for ſome Pounds of this Salt, extracted it from a large Quantity of Water, and exhaled the Water out of the whole Lee at once on a Sand Heat; but when the Salts were to be took out, he was ſurprized to find all its Pores fill'd with a yellow Duſt, like Flower of Brimſtone, and of a ſulphureous Smell. The Salts being well cork'd up and ſet by, became wholly yellow: Half a Dram ſprinkled on live Coals, burn'd like Nitre, crackled a little, and then gave a glowing blue Flame wherever the Salts were ſtrew'd. This may ſerve as a ſhort experimental Hiſtory of this Water, and an Account of its ſeparate Principles; from which I ſhall next make ſome obvious Inferences, and Reflections. And,

Since the Water is a mere Exudation from a great Compages of Minerals, and not a plenteous Stream merely paſſing thro' their Beds, it muſt neceſſarily be very ſtrong of theſe combin'd Principles.

As its Impregnations are ſo various, it will be more likely after long ſtanding, to ſeparate and form different Bodies in the Water, like Duſt, Hairs, or white, ropy, or jellying Subſtances, which will be apt to make it leſs grateful to the Sight and the Palate, tho' at the Spout it is clear as Cryſtal.

By theſe Experiments we are furniſh'd with many curious Peculiarities relating to this Water, in the Variety of its Sediments, Salts, and Lees, and the different Colours it borrows, and ſingular Appearances of the Cryſtals it projects, which all of them tend to diſcover its real Compoſition,

ſition, and point out its probable Effects; and how tedious ſoever Collections of this Kind may appear, yet this Variety of Torture it has undergone is the only Way of extracting the Confeſſion, whence it acquired all its ſalutary Virtue and wondrous Efficacy.

The Analyſis which I have given of the Water therefore conſpicuouſly ſhews theſe compoſing Principles: 1. The Vehicle, a limpid Water. 2. Nitre of a peculiar Sort. 3. Earth. 4. Alum. 5. With great Probability Sulphur. And, 6. Steel or Vitriol, after a Land Flood, is frequently waſhed in.

As the Alum is difficult to ſeparate from the Earth, and when ſeparate eaſily returns to it again; therefore when the Salts are prepared with too great Nicety, a too much Curioſity uſed about the Perfection and Regularity of its Cryſtals, the aluminous Principle is weakened or loſt, and the medical Uſes of the whole prejudiced.

This Analyſis determines its internal Efficacy to cooling, diluent, evacuating, and bracing, and directs its external Application to all Caſes which require cleanſing and healing.

The Nature of the Water, together with the immediate Advantage propos'd from it, eaſily point out the Diet of the Drinker, which muſt ever conſpire and coincide with his Intention in uſing it; for if taken as a Cooler, his Diet muſt be ſelected in the ſame View, and ſo in all the other Caſes, as ſuch a Concurrence will extremely contribute to its ſucceſsful Operation.

The rich Compages of Minerals contain'd in it, and eſpecially its ſmall Tincture of Alum, will be apt to offend weak, delicate, and foul Stomachs at firſt, and the more ſo in Proportion to its Quantity.

Its Nitre, tho' of a peculiar Kind, is yet purgative, and requires a moderate and diſcreet Uſe in many Caſes, and always in a relax'd State of the

Bowels, without which Caution it might be very hurtful and pernicious.

On the whole, therefore, the Water has theſe two principal Capacities of Uſefulneſs, the one Evacuant, the other Alterative; in both which Caſes it muſt be begun in ſmall Doſes, and gradually encreas'd 'till the due Proportion can be ſettled.

From the practical Obſervations below it will appear, that this Water is more efficacious in acute, feveriſh, or inflammatory Diſeaſes, and in all Relaxations and Diſtentions, than any other has yet pretended to be; and in what other violent Diſeaſes it may take Effect, Time and Trial alone can aſcertain; ſince for theſe, like moſt other uſeful Diſcoveries, we are more obliged to Chance than Philoſophy, nor can we ever be ſo ſafe in concluding from Cauſes to Effects, as from Effects to Cauſes.

I ſhall now point out the moſt ſuitable Seaſon, Place, Time, and Quantity of Drinking the Water, with Relation to its Operation, and the Age and Diet of the Drinker.

As to the Seaſon for drinking it, 'tis to be remembered that the Water itſelf ſuffers no Alteration from the varying Seaſons, but retains the ſame Vigour and Perfection through the whole Year, nor is its Uſe properly dangerous at any Time, where the Violence of acute Diſtempers, or the quick Increaſe of chronic ones calls for immediate Remedies; in ſuch Circumſtances it may be profitably drank in Winter, as a Preventive, 'till the Spring approaches, and the Patient can ſafely attend at the Fountain-Head, where the regular Seaſon may but begin in the Middle of *April*, and continue to the End of *October*, tho' indeed the Convenience and Pleaſantneſs of the *Spaw-Houſe* at *Blaron*, render it a very agreeable Winter Retreat.

The *Spaw* itſelf is unqueſtionably the moſt proper Place for drinking it at; for tho' Expence, Illneſs,

neſs, or Inconvenience, muſt prevent Numbers from attending there, who may yet receive Benefit from it; and tho' the Water retains its Virtues beyond moſt others, yet Reaſon and Obſervation demonſtrate the ſuperior Advantages of taking it at its firſt Source; there 'tis clear and ſparkling, but Carriage and Keeping make it white and muddy, from its numerous mineral Compoſitions; there 'tis more eaſy and lighter to the Stomach, and ſooner thrown thro' the ſeveral Diſtributions of Nature, conſequently better promotes Appetite, Digeſtion, and Cheerfulneſs, and much ſooner effects its healing Intentions.

The Quantity to be drank, muſt be ever in Proportion to the Age, Strength, Conſtitution, and Habit of the Drinker. Adult Perſons, who drink it for Purging, begin with ſmaller Doſes, and riſe gradually, as Circumſtances require, to a Quart: It rarely wants a preparatory Courſe to uſher in its Uſe; for if the firſt Paſſages are very foul, it acts both as an Emetick and a Purgative; nor is there an Inſtance in which it ever fail'd to paſs readily off by Urine. As an Alterative, it is fitly given to Children, Women with Child, and after Delivery, to weak Perſons, whoſe Stomachs are delicate, or in acute Diſtempers, where purging would be dangerous, in ſmall Quantities, beginning with an Ounce, and encreaſing gradually to three or four, and this five or ſix Times a Day; but ſtronger Perſons may take five or ſix Ounces, and ſo much ſeldomer, tho' in Fevers and other Acutes, the ſmalleſt Doſes, and often adminiſtred, always with due Regard to its Operation, are moſt convenient.

The Time of the Day moſt proper for drinking it, is ever at the greateſt Diſtance from Meals, and eſpecially when got into Bed, a ſmall Quantity warm'd a little, and the Remainder at two or three ſmall Draughts in the Morning, at an Hour, or

half an Hour's Diſtance from each other, for thoſe who want its purging Quality; but as an Alterative, the largeſt Doſe ſhould be drank at Bed-Time, that it may lie longeſt in the Body, and beſt communicate itſelf to the Blood: Some have been heard of who could not drink it before Breakfaſt, and others not 'till after Dinner, as an Evacuant; both uſed it with perfect Eaſe to their Stomachs, and great Succeſs in their Complaints.

The Time neceſſary for a regular Courſe muſt be determin'd from the Caſe in which it's wanted. If it's intended to cure any Looſeneſs, Flux, or Hæmorrhage, it will heal in ten or twelve Days; but a much longer Time will be neceſſary to reſtore the due Tone of the relaxed Parts, or the Vigour of the broken Veſſels. If for a Diabetes, or a Dropſy, a Month; for the King's-Evil, or obſtinate Ulcers without carious Bones, three or four Months. In chronic Caſes, where the Body has been emaciated, its Fluids drain'd, or greatly vitiated, it requires Time to produce its wondrous Effects, but in Time it has ſucceeded, when both Art and Nature have fail'd.

It may not be properly drank during the *Menſes*, nor a few Days before, but rather ſome Chalybeate in its Room, nor by Child-bed Women, if the *Lochia* are either ſtopp'd, or too ſmall, nor in the laſt Stage of a Conſumption.

As to the Operation of the Water, it moſtly purges at the Place, but not ſo certainly, when carried to a Diſtance; but it is a moſt powerful, ſafe, and beneficial Diuretic; whence its extraordinary Succeſs in Dropſies ariſes, in which it ſeldom purges after few Days, yet cures: It is often nauſeous to foul, weak, or ſenſible Stomachs at firſt; but that Effect ſoon ceaſes, it ever produces Appetite and good Spirits. In ſome Caſes it has proved a ſtrong Sudorific, in others it has been

follow'd

follow'd by a loathing of all Liquors 'till near Evening, yet fails not to paſs both the Stomach and the Body.

It is proper for all Ages, (ſucking Infants excepted, where it may curdle the Milk on their Stomachs) and for both Sexes, even Women in Child-bed, when attended with any Kind of Hæmorrhage.

The Diet of the Sick muſt correſpond with the Deſign of the Waters, but in general, Ale and Fleſh Suppers, are unadviſeable; for, conſidering that ſome Portion of the Water is drunk at Bed-time, early Suppers, which are of eaſy, quick Digeſtion, are to be preferr'd; nor indeed are thoſe Kinds of Food at any Time proper, which pall, weaken, or cool the Stomach, make the Solids ſluggiſh, or the Juices ſizy, as Geeſe, Muſhrooms, Melons, cold Salads, *&c.* In all other Caſes, a diſcreet Liberty is to be uſed, with proper Diſtinction between white and red Wines, as the Nature of particular Diſeaſes intimates.

Exerciſe muſt be kept up, but yet with Moderation; becauſe as the Water is ſo powerful a Diuretic, it may be apt to paſs off too ſoon without mixing with the Blood, which is the great Uſe of a Doſe at Night; after Dinner, Riding, Bowling, or moderate Walking are good, provided they don't fatigue or heat the Body, leſt it ſhould occaſion profuſe Sweating: Above all, the Patient muſt be regular, keep ſeaſonable Hours, and eat and drink temperately; for tho' Chearfulneſs and Converſation, Inattention and Eaſe are ſerviceable, yet the ſmalleſt Exceſſes will be more than doubly diſadvantageous.

There are two Symptoms which may happen, and which it may be neceſſary to guard againſt. It may poſſibly pall and load the Stomachs of ſome Flegmatics; and tho' this will ſoon diſappear of itſelf,

itſelf, yet it may be reliev'd in the mean Time by mingling with it ſome warming Bitter, or taking after it a little White Wine, or Shrub, candied Ginger, Angelica, Orange-peel, or Carraway Comfits. It may alſo from its reſtringent Taſte offend weaker Stomachs, or Women with Child, but it may be mix'd with ſome pleaſant Stomachic, as Barley, Cinnamon-Water, ſtrong Cinnamon, Dr. *Stephens*'s Water, Syrup of Raſps or Cloves. And indeed many Additions and Alterations of theſe Kinds may be made, which are the immediate Buſineſs of the ſuperintending Phyſician to adapt to the ſundry Caſes of his Patients.

Thus having reſolv'd the Subject of the Eſſay into its firſt Principles, and examined them apart; having deduc'd their general Uſe, and recommended the beſt Method of Application, I ſhall more particularly conſider the medical Uſes of this excellent Compoſition, and point out the Tribes of Diſeaſes, againſt which it extends its friendly Aids; after which I ſhall collect ſuch Inſtances of its Succeſs as may verify the Promiſes it makes.

Its medical Uſes are of two Kinds; firſt, in ſuch Caſes as its impregnating Qualities ſeem to promiſe Succeſs; as in Gravel, Rheumatiſm, Scurvy, Leproſy, all unnatural and exceſſive Diſcharges of Blood from every different Part of the Body, and in both Sexes, *Fluor Albus*, King's Evil, Wounds, Want of Appetite or Digeſtion, Looſeneſs and Diabetes; in all Diſtempers ariſing from Relaxations, Congeſtion, and Stagnation of Humours in any Part, or Weakneſs therefrom, white Swellings, Chronic Ulcers without carious Bones, with, or without a Hectic, whether inflamed or ſinuous; in all obſtinate Inflammations of the Eyes, Conſumptions from the Thinneſs or Acrimony of the Blood, Weakneſs of the Veſſels, or outward Accidents; in Aſthma's from the Fulneſs of the Lymphatics,

phatics, in Worms, Dropſy, Atrophy from exceſſive Drinking, Seminal Gleets, Ulcers of the Urinary Paſſages, and Bleeding Piles. Secondly, its medical Uſes are deduced from Trial and Obſervation, collected from the Benefits received by it laſt Summer, which was the firſt Seaſon it was regularly uſed at the *Spaw*. The following Collections may be depended on for their Veracity and Accuracy, and are deliver'd in the moſt modeſt Terms of ſimple Narration.

Mr. *W. M.* of a Habit naturally thin, and hectical, tho' exceeding temperate, after the great Storm of 1740, was affected with a moſt violent and exceſſive Cough, followed by great Difficulty of Breathing for ſome Months, in Harveſt he ſpit Blood, had an acute Hectic, and profuſe Night Sweats, was reduc'd to a Skeleton, and hopeleſs of Reſpite; when he was directed to this Water, which from the Quantity of a Quart to three Pints daily, for ſome Months, wholly removed his ſpiting of Blood, and colliquative Sweats, and greatly abated all his other Symptoms; in *March* indeed one of his Teſticles ſwell'd, but it ſoon went off, and had no ill Conſequences; and tho' the exceſſive Heat of laſt Summer recalled his ſpitting of Blood for a-while, and after its Removal left him very languid, yet that is only to be imputed to the Intemperance of the Weather, and the ſhort Time of a Fortnight, which he ſpent at the *Spaw*, far too inconſiderable to compleat the Deſign it had ſo happily begun.

A worthy Lady, who was confined during the Winter to her Room by a perpetual Cough, conſtant Aſthma, and Swellings in her Legs and Feet, early in the Spring applied to this Water, and with ſuch Succeſs, that in a few Weeks ſhe was reſtor'd to Health.

*J. W.* after a long Courſe of Intemperance,

contracted a very bad Habit of Body, Want of Appetite, ſlow Fever, terrible Cough, Hoarſeneſs, Vomiting, and then ſpitting of Blood, with a ſuffocating Shortneſs of Breath, his Legs and Thighs were prodigiouſly ſwell'd, his Face bloated and livid, his Urine little and thick, and the Pulſe quick and ſmall; he drank three Half Pints or a Quart a Day, which ſoon relieved his Fever, Hæmorrhage, Cough, and Aſthma, and operating powerfully by Stool and Urine, remov'd his Dropſy too; and tho' by Irregularity he relapſed to his former Symptoms, yet on a ſecond Application to the Water, it cured him, and he continues well ever ſince.

*J. M.* a very ſober, but tender Man, in *March* being abroad, was ſuddenly ſeiz'd with Fainting Sickneſs, after which he vomited an incredible Quantity of thick, black Bile, and preſently diſcharged plentifully of the ſame by Stool; three Hours after he threw up and purged much Blood, with ſome Bile intermixed, he was exceeding faint, and had a low irregular Pulſe; being order'd to drink the Water in ſmall Doſes, and often; which cool'd, refreſh'd, and purg'd him: He continued to diſcharge Bile chiefly downwards for ſome Days, but in a Week's Time he was reſtored to Health, tho' neceſſarily weak.

Mr. *W. J.* an Officer, a lively, briſk Gentleman, of a vigorous, ſanguine Conſtitution, in *April* was ſeized with an unuſual Dulneſs, and frequent Swimmings in his Head, and vomited Blood. He was bled freely, took an Electuary of the Bark, and Diacodium, yet his Hæmorrhage often returned; he then begun a Courſe of *Holt-Water*, drank a Bottle a Day, not with ſtrict Regularity perhaps, nor the propereſt Regimen, yet it cured him perfectly, and ſoon.

Mr. *W. B.* a free and generous Liver, in *April* fell into a peripneumonick Fever, with a Cough

and

and Spitting of Blood, he was let Blood, took proper Pectorals, ſaline Draughts, and the Bark, but in vain, for all his Symptoms continued. He at laſt drank the Water, which in three Weeks perfectly reſtor'd him.

Mr. *W. D.* a chearful, temperate Perſon, aged 63 Years, of a corpulent Habit and ſanguine Complexion, having cauſed ſome cutaneous Diſorder, uſed mercurial Ointments, with proper Internals, which ſalivated him ſome Weeks, he recover'd in *June* without Fever or Sickneſs, but ſoon fell into a conſtant draining of Blood from his Mouth, both Night and Day. He inadvertently ſwallowed the greateſt Part of it, tho' every Morning the Linen he lay in was covered with Blood too; two Days after he had black ropy Stools, and *June* 10, paſs'd that Way a ſurpriſing Quantity of freſh venal Blood, which was repeated for 13 Days. During this Time, five or ſix Afternoons ſucceſſively, he vomited a prodigious deal of Blood, part freſh, part coagulated, yet the drilling at the Mouth was not diminiſh'd: Theſe Diſcharges were as fœtid as in the Height of a ſtrong Salivation; he became exceeding pale, ſick, and faint, felt an oppreſſive Pain in his Stomach from the coagulated Blood lodged there. On the 13th he was bled in the Arm, yet the Rivulet from his Mouth continued; when he began to drink *Holt-Water*, and beſides his Morning Bottle took three or four Ounces ſeveral Times in the Day, his Hæmorrhages immediately leſſened, and by the 17th ſtopp'd. The Quantities requiſite purg'd him briſkly, and by theſe Evacuations he was brought very low, had Tinglings in his Ears, dim Sight, a cadaverous Look, and Faintings; he took a few Spoonfuls of a cordial Mixture, with ſome Drops of *Tinct. Mirab.* alſo a little Rhubarb, and ſtill uſed the Water as an Alterative, drank a Bottle a Day for

a Month, all his Symptoms entirely vaniſh'd, and he recover'd to perfect Soundneſs.

*Thomas Fox*, about 40 Years old, a free Drinker, after his Recovery from the late epidemic, putrid Fever, without Spots, fell in a few Days into a Kind of Jaundice, relaps'd into the Fever, and then was covered over with ſmall, round, purpliſh Spots; the 4th Day he had violent Purgings of pure Blood, he was put upon drinking the Water warm freely, which in 14 Hours ſtopp'd the Blood, and turn'd the Stools of a red Lee, the 6th Day he drank a Bottle, which purged him, took off the Colour of the Fœces, the Diarrhœa, and the Spots, the Fever too in a few Days left him, and he is now perfectly well.

A Gentlewoman aged 25 Years, of a ſtrong Conſtitution, and freſh Look, was ſeiz'd with the above epidemic Fever in all its uſual Symptoms, and in a few Hours after with a violent Diarrhœa, which in ſix Hours more turn'd to a profuſe bloody Flux; each Time ſhe went to Stool ſhe diſcharg'd ſome Ounces of pure Blood: This continuing 12 Hours brought her very low, with dangerous ſick Fits, and a poor low Pulſe; ſhe loſt a little Blood at the Arm, and took three Ounces of *Holt-Water* warm, with half an Ounce of *Diacodium*, the ſame Doſe of Water alone was hourly repeated, and the *Diacodium* 6 Hours after, and in eight more the Hæmorrhage ſtopp'd; tho' a moderate Diarrhœa continued 'till the Criſis, which happened the 7th Day; ſhe recovered perfectly. The Fever was neither ſo dangerous, nor ſo long, as in others. All who had this Symptom before the ſecond Week of *September* (that the great Rains came) died, and theſe were the only Perſons who had the Water given them, it not being before thought of.

*John Hartley*, aged 33, a ſlender but healthy Man, fell ill of the ſame Fever, *December* 5; on the

the 10th he had Gripings in the Bowels, and a ſevere Teneſmus, purg'd great Quantities of Blood, with intolerable Pain; he was ordered to have an Ounce of *Diacodium* in a Quart of this Water, and to drink three Ounces of it warm every Hour: It purg'd him ſmartly, ſtopp'd the Blood, took off his Pain, Thirſt, and ſoon his Fever too, and he recover'd quickly.

A Gentleman, aged 24, complained in *July* laſt for ſome Time of a Nauſea, Pain of the Head, and univerſal Laſſitude, follow'd by a Diarrhœa, which he in vain endeavour'd to remedy by roaſted Rhubarb; at length he paſs'd ſome Blood with his Stools, which ſoon encreas'd to four or five Ounces at a Time; his Nauſea continued, and upon drinking any Thing bilious Vomitings enſued; a Doſe of *Ipecacuan.* check'd his Diarrhœa, and reliev'd his Stomach, but his Symptoms ſoon return'd again; an aſtringent Electuary, with a Stomach Decoction, ſtopp'd his Flux, but intolerably encreas'd the Pain of his Head; a Lenitive applied eas'd his Head and Stomach, but then his bloody Stools return'd, he was quite emaciated, his Nights were bad, his Sweats profuſe, attended with other Symptoms of a Conſumption; he entred on a Courſe of the Water, drank a Pint a Day, as an Alterative, for four Days, which encreas'd his Looſneſs at firſt, yet the 5th Day he enlarg'd his Doſe, and in a Week's Time his worſt Symptoms all left him, and before he had drank a Dozen Quarts he was ſo well reſtor'd, as not only to eat and ſleep with Pleaſure, but even to bear ſtrong Exerciſe on Horſeback, or a Foot; and in three Weeks from the firſt drinking the Water, he acquired a freſh and florid Complexion.

A Gentleman's Son, about three Years and a half old, having recover'd very well after a bad confluent Small Pox, laſt *April*, fell, in the latter

End of *July* into a ſlow feveriſh Diſorder, follow'd by a Diarrhœa, with ſevere Gripes, large Stools of ſeveral Colours, and intolerably fœtid, which, in ſpite of Rhubarb, Aſtringents, Opiates, and Balſamics, came to bloody Stools; he was put upon the alterative Uſe of the Water, an Ounce or two at a Time, five or ſix Times a Day, it purg'd him briſkly, ſtopp'd the Blood in 30 Hours, and in ſix Days reſtor'd him to Health; from the Meaſles in *October* he recover'd well, but in *November* relaps'd to his former Complaints, and a freſh Application to the Water did not fail in few Days to re-eſtabliſh his Health, Strength and Appetite.

Another Gentleman's Son of about ſix Years old, was, in Oppoſition to the beſt uſual Means, reduced very low, in a bloody Flux, and confined to Bed, but upon drinking this Water, in the Manner above preſcrib'd, for a few Days, all his Complaints were happily determin'd. His Father alſo experienc'd its Efficacy ſoon after in a violent Looſneſs, which it cured in the ſame Manner.

A young Gentlewoman had an obſtinate Diarrhœa, which the Variety of Medicines ſhe us'd had not the leaſt Power to remove; for, upon the ſhorteſt Intermiſſion of them, her Symptoms returned with new Violence, eſpecially before the *Menſes* appear'd. She drank a Quarter of a Pint of the Water Morning and Evening, for five or ſix Weeks together, but ſeveral Months after leaving it off, ſhe complained afreſh, upon which ſhe was directed to uſe the Waters at the *Spaw*. She did ſo for a Month, with all the Succeſs ſhe could have wiſh'd for, and much beyond her Expectations.

A valuable Lady, aged near 50 Years, of a very ſanguine Conſtitution, was accuſtomed to have the *Menſes* ſo profuſely, that of late Years her Life

was

was each Time endanger'd; the Uſe of external and internal Aſtringents abated theſe, but the *Fluor Albus* ſucceeded it in the ſame Exceſs, which extremely weaken'd her, her Legs and Feet ſwell'd much; her beſt Support was Cow's Milk drank warm from the Cow: In theſe Circumſtances ſhe went to the *Spaw*, and us'd the Water a Week, like other *Spaw-Waters* ſhe had taken, which purg'd her ſo violently that her Appetite and Reſt were affected by it; on which ſhe determin'd to leave it, but was perſuaded to try it in the alterative Way, two or three Ounces at a Time ſeveral Times a Day; it renewed her Spirits, Appetite, Strength and Sleep, and ſtopp'd both uterine Diſcharges. In her Journey, from bad Weather and Roads, Cold or Fatigue, ſhe had a great Flux with ſevere Gripes and Looſneſs ſome Days, but having got ſome of the Water at Home, ſhe renew'd her Application to it, and found the uſual Succeſs in that particular Emergency. It has eſtabliſhed a more moderate Flow, on each Return, when ſhe always purſues this Method.

A Gentlewoman, pretty far advanced with Child, had the *Menſes* to a very great Exceſs, both for Time and Quantity, which weaken'd her, and ſo thinn'd the Blood, that it would ſcarce ſtain a Handkerchief; her Complexion was pale, and her Pulſe low, and the Belly very coſtive: Several eminent Phyſicians were applied to, who all found Means to relieve her for ſome Days, after which the Hæmorrhage return'd with its former Violence and Profuſion, ſhe at length reſolved upon a Courſe of the Water in the alterative Form, but it made her exceeding Sick, wherefore ſhe was advis'd to uſe it thus, ℞ *Aq. Neville-Holt*, ℥ iſſ. *Cinam. Hord.* ℥ j. *Cinam. Fort.* ʒ ij. *Confect. Raleigh.* ℈ j. *M.* four or five Times a Day 'till the plain Water agreed with her, this not only abated her Symptoms, but

prepared

prepared her quickly for taking the plain Water in large Quantities, which in Time wholly remov'd 'em.

A young Gentlewoman, who had for ſome Years labour'd under an habitual Coſtiveneſs, applied to Aloes, which inſtead of relieving her, in ſome Months brought on the bleeding Piles; theſe gradually weaken'd and emaciated her, and perfectly diſſolv'd her Blood; ſhe then fell into a tedious, dangerous, ſlow Fever, with many very bad Symptoms, from which ſhe was with great Labour and Difficulty reſtor'd; but being left weak and hectical, ſhe began a Courſe of Aſſes Milk, with teſtaceous Powders, which very little abated her Hectic, and brought on again her Coſtiveneſs, when ſhe was directed to this Water, and found great Advantages in each of her Complaints.

*T. W.* having labour'd ſome Time under great Difficulty of making Water, the latter Part of which was of a bloody Colour, full of Skins and ſmall Films, after ſtanding a purulent Matter fell to the Bottom of the Veſſel, above that the Blood and Skins, and the Urine above all. The exceſſive Pains he endur'd depriv'd him of Reſt, Appetite, and Digeſtion, brought on a hectic, violent Cough, and Pain of the Side, which ſo emaciated him, that he was eſteemed irrecoverably gone in a Conſumption, tho' he had us'd nitrous Medicines, Aſtringents and Balſamics: In this truly deſperate State he began with *Holt-Water* in *December*, drank a Pint, or three half Pints a Day, which in ten Days entirely took off the Diſorders of his Urine, Thirſt, and Hectic, reſtor'd his Sleep and Appetite, and in a few Weeks perfectly cur'd him.

*Edward Rowlett*, aged 50, ſometimes ſubject to nephritic Pains and Gravel, applied to a Corn in his Toe ſome quackiſh Preparation, whereby he ſuffer'd extremely; he had for a Fortnight a violent Inflammation, with a prodigious Pain in his Leg

Leg and Thigh; this was ſucceeded by intenſe and ſcalding Pain in making Water, which ſoon was followed with bloody Drops: In theſe Agonies he continued without Aſſiſtance from Medicine ſome Time; at length he was directed to uſe this Water; he drank a Pint or more a Day, for ſome Weeks; after the firſt Gallon, he paſſed his Urine in Eaſe and Plenty; and when he had, by intermitting, brought on his gravelly Diſorder, a repeated Courſe of the Water, was ſtill able to maſter it.

A married Woman, of a thin ſcrophulous Habit from her Infancy, after the Delivery of her ſecond Child, labour'd under extreme Difficulty of making Water for ſix Weeks, from a palpable Swelling in the Neck of the Bladder, and the Grief was heighten'd by a Soreneſs, which followed a *Pruritus* in the *Urethra*; theſe, together with the Weakneſs of her Condition, and a hectical Diſpoſition, exhauſted all her Spirits, and took away her Appetite; ſhe then began a Courſe of this Water, drank a Pint, or more, daily, for a Month; the Difficulty and Heat of making Urine went off, her colliquative Sweats dried up, her Strength was reſtor'd, and ſhe became healthy and florid.

A young Lady had long been troubled with Gripings in her Bowels, upon the leaſt Change, or Irregularity of Diet, a Looſeneſs following was her beſt Cure, but the mildeſt Laxative given, produc'd very great Diſorders, with a perpetual Nauſea, that reſiſted all Endeavours; ſhe attended the *Spaw* laſt Summer with ſingular Advantages; but as ſhe made too ſhort a Stay, and drank too little, a Return might be juſtly apprehended.

A Man in *Rutland*, aged 36, had for ſome Years laſt enjoyed a very bad State of Health, owing perhaps to a too great Indulgence in fermented

mented Liquors, his Stomach had quite loſt its Tone, and his Sleep was ſtill interrupted by a tickling Cough, which created an Irritation ſtrong enough to make his Stomach diſcharge its Contents; frequent Gripings, and Relaxation of the Inteſtines, had introduc'd a Diſcharge of thin, ſlimy, pituitous Excrements, often ſtreak'd with Blood; nor ought a painful Rheumatiſm in his Arm, and Difficulty of making Water to be omitted. An Application to this Water happily removed, in proper Time, all his Complaints, the old Rheumatiſm not excepted, only it left ſome Feebleneſs in that Limb for a Time.

A young Woman who was troubled with ſome cutaneous Eruptions, us'd a mercurial Liniment, which ſoon clear'd the Skin, but brought on many more dangerous Symptoms, as a Fever, Fainting, ſighing, a parch'd ſhrivel'd Tongue, and ſtrong Hyſterics; the beſt Medicines which were devis'd in her Caſe only exaſperated the Symptoms; being adviſ'd to this Water in ſo deſperate a Circumſtance, ſhe ſwallow'd it down immoderately, but it ſat eaſy, and in ten Days her Body was covered over with hard, brown, round Eruptions, by which Means ſhe ſoon recover'd her Health, but continu'd to drink a Quart a Day till *September*.

A Man, aged 43, fell into a Dropſy, was prodigiouſly ſwell'd, but eſpecially the *Scrotum*, which was really monſtrous; on uſing the Water, he found it ſo powerful a Diuretic, being freſh from the Spring, that he ſoon got abroad, and in three Weeks was perfectly reſtor'd.

A Boy, aged 17, *Lammas* laſt, fell into the following Diſorder; his Pulſe was languid, he had exceſſive Thirſt, general Pain and Wearineſs, a bloated Countenance, and at Night ſwell'd Legs; when all the common Forms of Medicine had been tried in vain, his Malady was aggravated, his

Belly

Belly and Legs were ſwell'd, and hard, his Urine ſmall, and his Look cadaverous; he us'd *Holt-Water* in the alterative Method, (the other not agreeing with his Stomach,) and three or four Dozen Bottles reſtor'd him, by the Middle of *November*, though he was not the moſt regular.

Theſe, with the Caſe of a Gentlewoman, aged 54, who was reliev'd by it of an *Hydrops Uterina*, are the only Inſtances we have heard of its Succeſs in Dropſies.

A young Woman accidentally got a Contuſion in her left Breaſt, to which great Pain and a hard Swelling ſucceeded, and was encreas'd on catching the leaſt Cold; proper Emollients were us'd, and a Courſe of external and internal Mercurials gone thro', without the leaſt Benefit; at length having left off other Medicines, ſhe apply'd to the Water, which improv'd her Appetite, whilſt the Tumour ſtill remain'd; but by conſiderably encreaſing the Quantity, ſo as to keep up a conſtant Purgation for three Weeks, the Tumour ſoften'd, and at length entirely diſſolv'd, after a Continuance of 4 Years.

A Boy about 10 Years old, had deriv'd an hereditary *Scrophula* from his Parents, which appear'd in Swellings, and Ulcerations, and theſe brought on hectical Symptoms; he drank the Water 5 or 6 Weeks, with the happieſt Event, and got ſoon well enough to go to the Dancing School, tho' the Ulcers of his Arm and Leg were not quite dried up.

A Woman, aged 35, us'd the Water, for Swellings of the ſame Kind, on the parotide Glands, whereby they fell pretty much in few Weeks: But had both theſe laſt us'd the Waters regularly, for ſome Months, at the Place, a far more perfect Succeſs might have been expected, if there were no carious Bones to prevent it.

A Gentlewoman, aged about 25 Years, of a Family where the King's-Evil was conſtitutional to them,

had herſelf *Struma's* frequently in different Parts of her Body, and had as often taken Mercury, Deobſtruents, and Antiſcorbutics, by the Advice of two Phyſicians, but in vain; ſhe call'd in a third, who preſcrib'd the beſt mercurial and antimonial Medicines, with three Half-pints of *Holt-Water* daily, for a Month; ſhe ſoon grew weary of the Medicines, but kept to the Water a Month longer, and encreas'd her Doſe; the *Struma's* looſen'd gradually, and ſhe is now quite cur'd.

A Girl about 18, who had ſcrophulous Tumours about her Neck and Chin, which ulcerated and broke in ſeveral Places; was, by about 4 Dozen Bottles of this Water, compleatly cur'd in 6 Weeks.

A young Gentlewoman, of a tender, ſickly Conſtitution, had a *Struma* on the Side of her Neck, and ſince then a ſmall one appear'd under the Armpit, on the oppoſite Side; at length came a Pain behind the ſame Shoulder, for which a Bliſter was applied to the Neck, which reliev'd the Shoulder, but ſhifted the Pain to the Arm, where the Swelling at laſt broke, and at firſt diſcharg'd laudable Matter, but afterwards turned to a red Lee; ſhe applied to the Water near the *Spaw* in *June*; ſhe had then a frightful Swelling over one Eye, which threaten'd both, being very obſtinate; in five Weeks Uſe of the Water, the Lividneſs of the Swellings diſappeared, the Ulcer diſcharg'd good Matter, ſhe drank it nine Weeks longer, and acquired a better Conſtitution than ſhe ever had before.

A Lady had labour'd for many Years under the Cholic, always attended with painful Vomitings, was often confin'd to her Room, 3 or 4 Months together, and attended by a great Swelling in her Legs and Feet; ſhe tried the ableſt *London* Phyſicians, the *Bath* Waters, *Buxton Spaw*, and the *Scarborough* Seaſon, beſides exceſſive Quantities of

Medi-

Medicine; but all to little Purpoſe: Laſt Spring ſhe began to drink this Water as an Alterative, then encreas'd its Doſe to three Half-pints a Day, with very happy Succeſs in all the melancholy Symptoms above deſcrib'd.

The Service this Water has been of to old Sores in the Legs, is great and extraordinary, as a particular Acquaintance of the above Lady, and to whom ſhe recommended it, agreeably experienc'd; but the Inſtances of it are ſo numerous, and from what has been obſerv'd on the above Caſes, I hope ſo unneceſſary too, that it is more conſiſtent with my intended Brevity, wholly to drop it. I ſhall add but one Caſe more, which for the Peculiarity and the Eminence of its Kind, could not poſſibly be omitted.

A worthy young Lady, of a thin Habit, and hectic Diſpoſition, has been ſome Years married; in which Time ſhe has had 5 or 6 Abortions, and could never exceed the 12th or 13th Week of her Pregnancy, tho' no proper Means from Medicine, Water, or Exerciſe, were omitted; in this depreſſed State, early laſt Spring ſhe began to drink the Water, as an Alterative, then roſe to a Pint a Day, or more; ſhe preſently got a good Appetite, Health and Strength, quickly conceived, continued the Water ſix Months, and then was advis'd to deſiſt, ſhe is deliver'd at her full Time, and has enjoy'd an uninterrupted State of Health and Spirits.

The Author of this Treatiſe chuſes to omit all thoſe Inſtances of the Efficacy of this Water, which relate to leſs conſiderable Diſorders, not becauſe they are leſs numerous, or leſs perfect than theſe above-mention'd; but becauſe theſe are moſt momentous and extraordinary, and that he might not too far exceed the Bounds of an Eſſay of this Kind.

Tho' from its late Effects, we juſtly place it at the Head of the firſt Claſs of Anti-inflammatory Medi-

cines ; yet, in ſudden, great and dangerous Inflammations of the Thorax, or Neck, attended with acute Fevers, where Life depends on a due Diſcharge of ſecreted Matter, by Expectoration, or Salivation, we abſolutely condemn and forbid its Uſe ; but when the due Diſcharges are made, it exceeds every Remedy yet known in Practice, for removing all the remaining Symptoms, and reſtoring a Degree of Health and Chearfulneſs peculiar to itſelf, and in which it has no Superior, no Rival.

In all Hæmorrhages from a *Plethora*, Inflammations, Accidents, or Saltneſs of the Blood, it ſcarce ever fails to cure ; yet in old, habitual, frequent Eructations, it does not ſucceed ſo well ; if it performs its Cure, 'tis oft but temporary ; yet it gives a longer and more favourable Truce than any other Medicaments, and affords more friendly Opportunities for exerting the Phyſician's Skill.

As to the King's-Evil, we find it oftner and ſooner ſucceſsful in the ulcerated Kind, without carious Bones, than in Tumours not yet ſuppurated ; but it ſeems beſt to point its Force againſt inflammatory *Struma's*, whether ulcerated or not ; for in theſe ſcarce one Inſtance has diſappointed our Expectations.

Scrophulous Patients generally have their Diſcharges encreas'd for ſome Time, by this Water, but gradually leſſen'd and dried up afterwards.

In flegmatic, lax, pituitous, and emaciated Conſtitutions, the Cure ſhould ever be aſſiſted by a nutritious, bracing Diet, and corroborating Bitters.

Fleſh Suppers, Venery, Ale, and ſpirituous Liquors, or late Hours, retard and even defeat the healing, and repairing Powers of this excellent mineral Element.

Its Uſe has never yet been preſcrib'd in that laſt Stage of a Conſumption, call'd a *Maraſmus*, from the meer colliquated State of the Juices, and the irrecoverable Weakneſs of the Inteſtines.

Theſe

Theſe are the chief Remarks to be made on the foregoing Caſes, tho', no doubt, further Experience will open new Diſcoveries, and furniſh ſtill more accurate Obſervations. To avoid Prolixity, I have omitted many Inſtances of its Efficacy, which have been communicated; but the above Caſes are abundantly ſufficient to juſtify the Uſes appropriated to it, as will be very eaſy to find by a mutual Compariſon, which therefore 'tis needleſs to repeat.

'Tis not eaſy to ſay how very much depends on its regular ſeaſonable Uſe, and a proper Regimen; but as theſe are without any Difficulty obtained, it muſt be confeſs'd a moſt indulgent Proviſion of Nature, and admirable Largeſs of Providence, to a Country where the Maladies it oppoſes are ſo frequent, and ſo pernicious too; and tho' in all obſtinate Caſes, Time and Perſeverance are ſo abſolutely neceſſary, yet it can't be imagin'd that any wiſe People would ſacrifice ſo fair a Proſpect of Health and Eaſe, for ſome little Inconveniences in acquiring them.

Nothing more ſeems neceſſary to compleat this Eſſay, and anſwer its well-meant Purpoſe, than to give a ſhort Account of the Situation of this healing Spring, and the Conveniences provided for accommodating ſuch, whoſe Circumſtances will permit them to attend it, the Goodneſs of which, in Places of this kind, equally contribute to Satisfaction and Recovery.

On ſome Accounts it is to be wiſh'd that a Houſe of Entertainment could have been had at the *Spaw*, but as that is impoſſible, one is procur'd at the Diſtance of an eaſy Mile, which very Circumſtance, on other Accounts, has conſiderable Advantages, as it has directed to an exceeding good Houſe, and as moderate Exerciſe not a little contributes to the Succeſs of the Waters.

The Houſe is *Blazon-Hall*, one Mile North of

*Holt*

*Holt*, one Mile South of *Hallaton*, and three Miles Weſt of *Uppingham*: Its own Situation, the good Diſpoſition of Gardens, Plantations, and Proſpects near it, and the Conveniences of the Houſe itſelf, accommodated, as it is, with a Church in the Yard, and a Bowling-Green in the Garden, are more than Amends for the Diſtance from the *Spaw*, which indeed is as little Exerciſe as Water-Drinkers can well uſe. The Country about it is healthy, rich, and adorn'd with a Variety of fine Landſkips: As its Air is at once both pure and mild, ſo that the Seaſon, which begins in the Middle of *April*, is as temperate then as moſt northern *Spaws* are on the firſt of *June*.

The Undertaker has with great Juſtice indeed reſolv'd, that no Strangers ſhall enjoy the Benefit of the *Spaw* at the Place, unleſs they reſide in the Houſe he has fitted up for their Reception, 'till that be inconveniently full, or at leaſt, unleſs they pay an extraordinary Price for the Water.

Between the Houſe and the *Spaw* riſes *Goldthorp Spaw*, a light, clear, chalybeate Water, with a volatile, mineral Spirit; it was in Date and Reputation among the firſt Mineral Waters of *England*, and frequented with a Succeſs equal to that of any of the Claſs; but an Age or two ago it was rivall'd by others of leſs Worth and Benefit, which brought the Whole into Diſuſe in this Country: The neglected Place became a Moraſs, and not 'till *September* was reſtor'd to its firſt Purity; it will anſwer all the Intentions of a volatile Chalybeate for drinking at the Place, but will neither bear Carriage nor Keeping. An excellent Bath might be made of it, which would anſwer many medicinal Purpoſes, by no Means foreign to ſome of the grand Intentions of *Holt-Water* itſelf, as the well-known Virtues of plain, chalybeate Waters ſufficiently evince.

*F I N I S.*